



- **Never** leave any child or baby in a car – even for a short time! Temperatures in a car can quickly become higher than 100°F!
- **Keep your house cool** with an air conditioner or fan. Cover the windows to keep the sun out.
- **Infants who are breastfed** need frequent on-demand feedings in hot weather (the first milk from each feeding is most diluted and quenches thirst). Bottle-fed infants can be given sips of water throughout the day.
- Children and infants should wear **loose fitting, lightweight clothes**. Add a **hat** to keep heads cool and sunglasses to keep the sun out of their eyes.
- Make sure all children and infants have plenty of **sunscreen** on, SPF30 or more. A baby under the age of 6 months should not be in direct sunlight!
- Get your child to a doctor **IMMEDIATELY** if your child is nauseated or vomiting, has a headache, or acts confused. A cool bath with a damp washcloth can help to cool down a child who is overheated.
- If you need help, call the City of Milwaukee Health Department Heat Line at 286-3616.

